



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

RUDAWY ZIMOWY FESTIWAL BIEGOWY
Fundacja Szczyt za Szczytem
2023-02-18
Karpniki
10.5 km

DZIESIĄTKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Husyckie Skały 3.5km	4.4km	Szwajcarka 4.5km	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	PAZDAN Piotr	1045	AW-SZYBCIEJ-TEAM	M40	1	00:18:17	00:27:53	00:28:15	00:59:49.60	00:59:52.10		5:41	10.5 (100%)
2	SKUZA Krzysztof	1058		M40	2	00:18:36	00:29:44	00:30:04	01:03:11.60	01:03:13.90	+00:03:21 (5.3%)	6:01	10 (95.2%)
3	RINK Jan	1003		M40	3	00:20:23	00:31:01	00:31:22	01:04:58.80	01:05:02.05	+00:05:09 (7.9%)	6:11	9.7 (92.4%)
4	CIEMIEGA Roman	982	KOWARY BIEGAJA	M40	4	00:20:14	00:31:12	00:31:32	01:08:18.95	01:08:21.55	+00:08:29 (12.4%)	6:30	9.2 (87.6%)
5	IWANOWSKI Przemysław	1048	TAEKWONDO CHOJNÓW	M40	5	00:21:29	00:33:03	00:33:27	01:10:57.00	01:11:01.15	+00:11:09 (15.7%)	6:45	8.9 (84.8%)
6	KOSIDŁO Bartosz	1011	KOSA	M40	6	00:22:19	00:34:05	00:34:31	01:12:39.90	01:12:45.15	+00:12:53 (17.7%)	6:55	8.7 (82.9%)
7	PŁÓCIENNIK Krzysztof	1035	DZIKIE PUTKI	M40	7	00:23:09	00:35:25	00:35:51	01:15:55.35	01:16:04.90	+00:16:12 (21.3%)	7:13	8.3 (79.0%)
8	ZIĘTEK Krzysztof	963		M40	8	00:22:36	00:34:38	00:34:57	01:18:51.75	01:18:57.90	+00:19:05 (24.2%)	7:30	8 (76.2%)
9	KOELNER Rafal	1015		M40	9	00:29:46	00:45:24	00:45:45	01:28:13.85	01:28:29.75	+00:28:37 (32.3%)	8:24	7.1 (67.6%)
10	GOŁĘBIEWSKI Marcin	999		M40	10	00:27:19	00:44:04	00:44:41	01:30:57.05	01:31:10.25	+00:31:18 (34.3%)	8:39	6.9 (65.7%)
11	POSPIESZNY Robert	993		M40	11	00:29:21	00:43:48	00:44:16	01:33:27.80	01:33:32.75	+00:33:40 (36.0%)	8:54	6.7 (63.8%)
12	HEJMOWSKI Sylwester	1016		M40	12	00:28:52	00:45:24	00:45:51	01:36:12.85	01:36:26.30	+00:36:34 (37.9%)	9:09	6.5 (61.9%)
13	GADZINA Sławomir	1005	MASTERSERVICE	M40	13	00:29:04	00:43:24	00:43:50	01:37:10.90	01:37:29.25	+00:37:37 (38.6%)	9:15	6.5 (61.9%)
14	SUMISŁAWSKI Sebastian	1050		M40	14	00:31:08	00:47:47	00:49:16	01:38:45.05	01:38:59.20	+00:39:07 (39.5%)	9:24	6.4 (61.0%)
15	KOZACZUK Grzegorz	1014		M40	15	00:29:26	00:45:56	00:46:34	01:38:54.90	01:39:05.35	+00:39:13 (39.6%)	9:25	6.4 (61.0%)
16	PAWLAK Gabriel	1007		M40	16	00:30:56	00:48:43	00:50:08	01:42:58.15	01:43:08.55	+00:43:16 (42.0%)	9:48	6.1 (58.1%)
17	KRASIŃSKI Gracjan	968	ADIENT TEAM	M40	17	00:28:42	00:46:24	00:48:45	01:45:26.90	01:45:33.20	+00:45:41 (43.3%)	10:02	6 (57.1%)
18	SZYNKAREK Tomasz	998		M40	18	00:30:52	00:48:15	00:49:37	01:45:29.35	01:45:41.20	+00:45:49 (43.4%)	10:02	6 (57.1%)
19	SLUSARCZYK Tomasz	995		M40	19	00:33:09	00:51:41	00:52:47	01:55:00.70	01:55:18.05	+00:55:25 (48.1%)	10:57	5.5 (52.4%)
20	PRZYBYSZ Piotr	991		M40	20	00:37:18	00:56:22	00:57:05	01:55:17.40	01:55:34.85	+00:55:42 (48.2%)	10:58	5.5 (52.4%)
21	SOBCZAK Maciej	969	RAZEM TRENUJEMY SPORT	M40	21	00:35:50	00:55:36	00:56:31	01:59:18.10	01:59:27.05	+00:59:34 (49.9%)	11:21	5.3 (50.5%)

Znaleziono 21 wynik(ów)